Breakfast, Indian

Savoury Red Millet and Sesame Pancakes

These savoury pancakes bring ragi flour together with sesame seeds, onion, coriander, ginger and green chilli for plenty of flavour in every bite. Cooked in a pan until golden on both sides, they are best enjoyed hot with a squeeze of lemon.



Vegan | Dairy free

35 min	109	19.2 g	0.7 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 cup ragi (nachni , red millet) flour
- [ ] 1 tbsp besan (gram flour) or
- [ ] 1 tsp sesame seeds (til)
- [ ] 1/2 cup grated onions
- [ ] 11/2 tsp finely chopped green chillies
- [ ] 1 tsp grated ginger (adrak)
- [ ] 1/2 cup chopped coriander (dhania)
- [ ] salt (namak) to taste
- [ ] 2 tsp oil for cooking
- [ ] lemon

Method

- [ ] **1** Add the ragi flour to a mixing bowl, then stir in the besan, sesame seeds, grated onions, finely chopped green chillies, grated ginger, chopped coriander and salt.
- [ ] **2** Pour in 5 tbsp of water and work everything together until you have a smooth, loose dough. Split the dough into 6 equal portions and set them aside.
- [ ] **3** Place a nonstick pan over heat and rub the surface with a little of the 2 tsp oil for cooking.
- [ ] **4** Dip your fingers in water, then pat one portion of the dough into a flat, even circle roughly 125 mm (5 inch) across.
- [ ] **5** Cook the pancake until both sides turn golden brown, turning it over halfway and drizzling in more of the 2 tsp oil for cooking as needed.
- [ ] **6** Work through the remaining portions the same way to make 5 more pancakes.
- [ ] **7** Serve the pancakes hot with a squeeze of lemon.

Nutrition Facts

Per serving

Calories	**109**
Total fat	2.5 g
Saturated fat	Not listed
Sodium	4 mg
Total carbs	19.2 g
Fiber	3.1 g
Total sugars	0.7 g
Protein	2.6 g

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